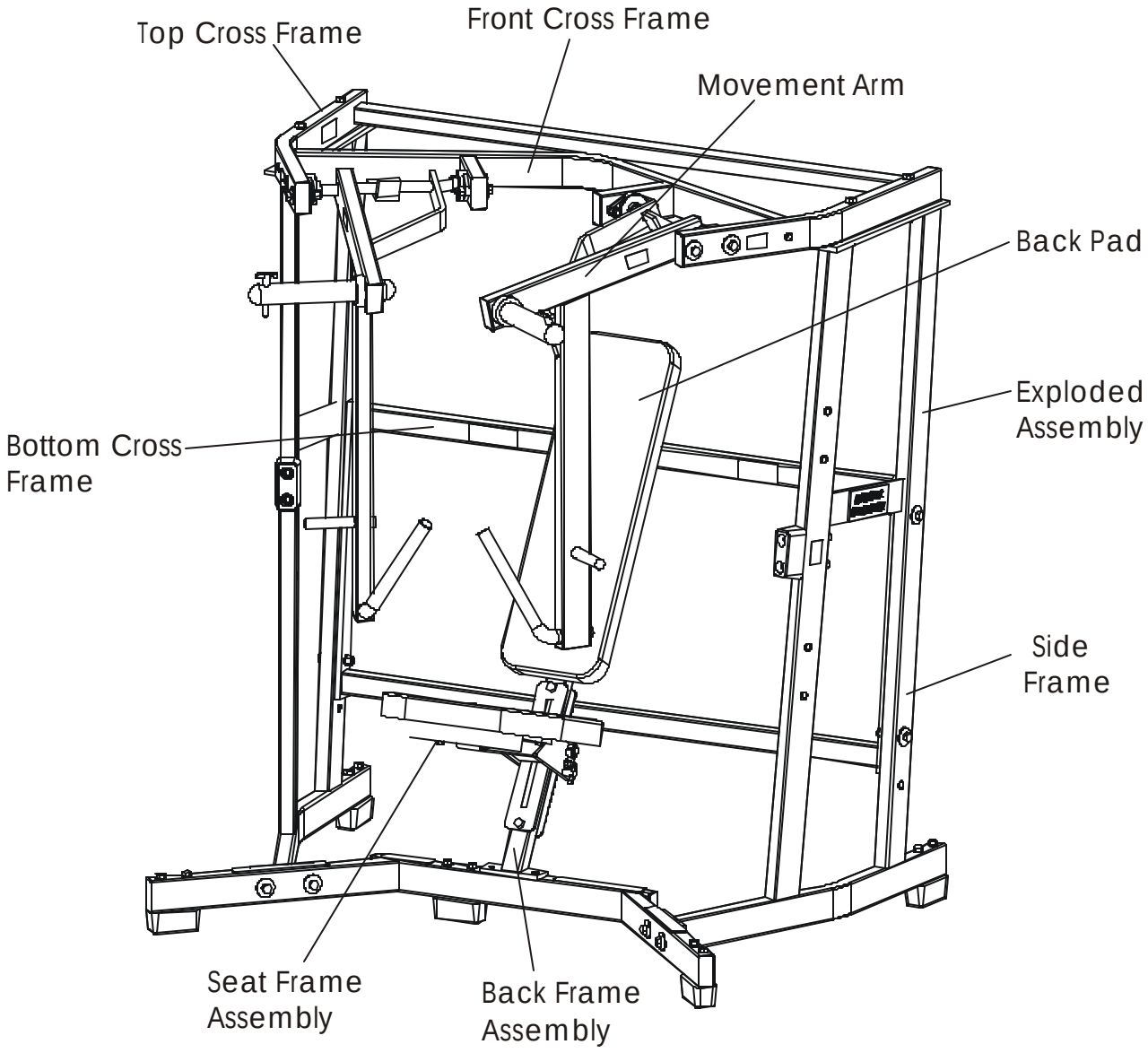
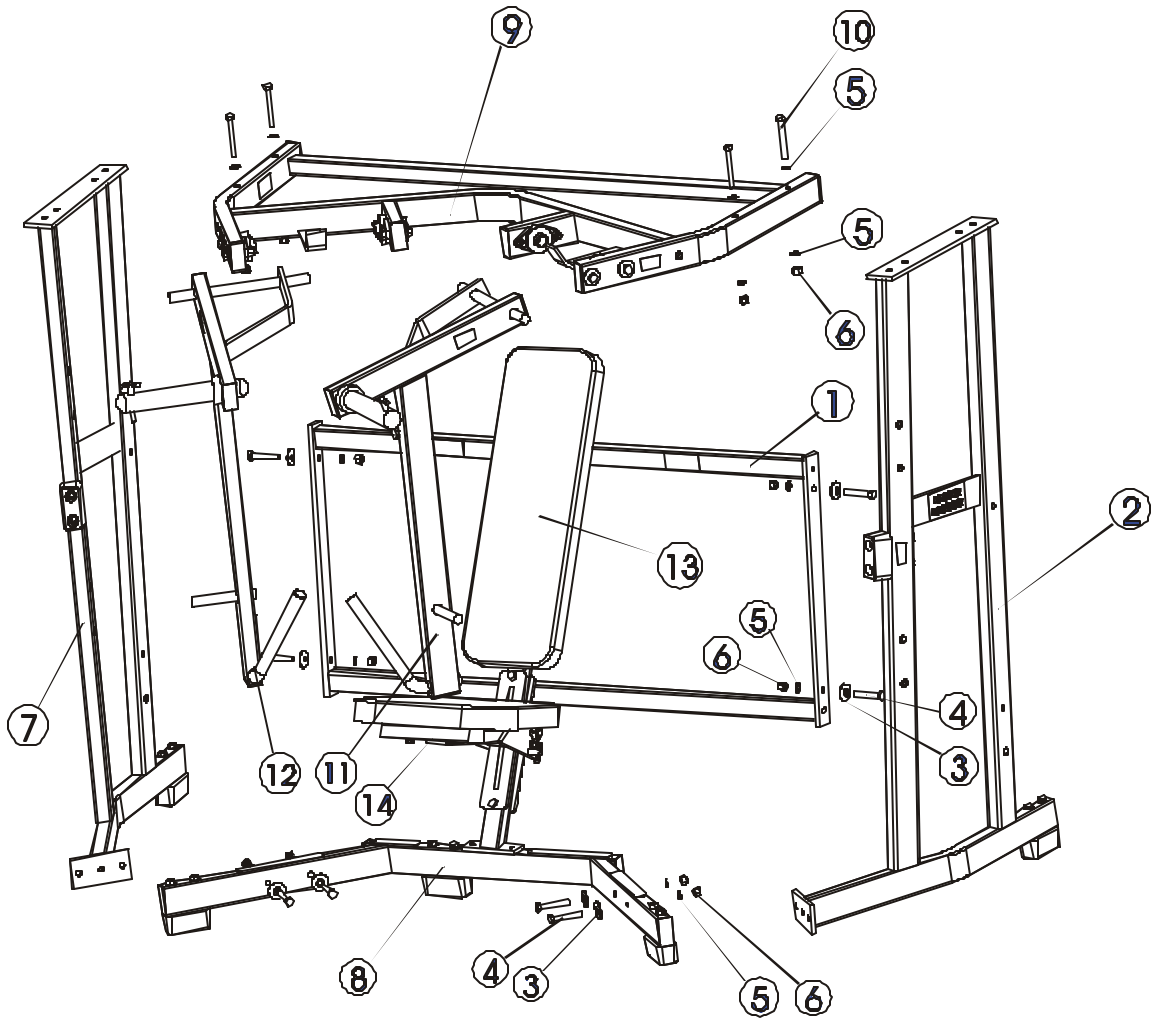
HAMMER STRENGTH EQUIPMENT
ILWC - ISO Lateral Wide Chest Rev. A

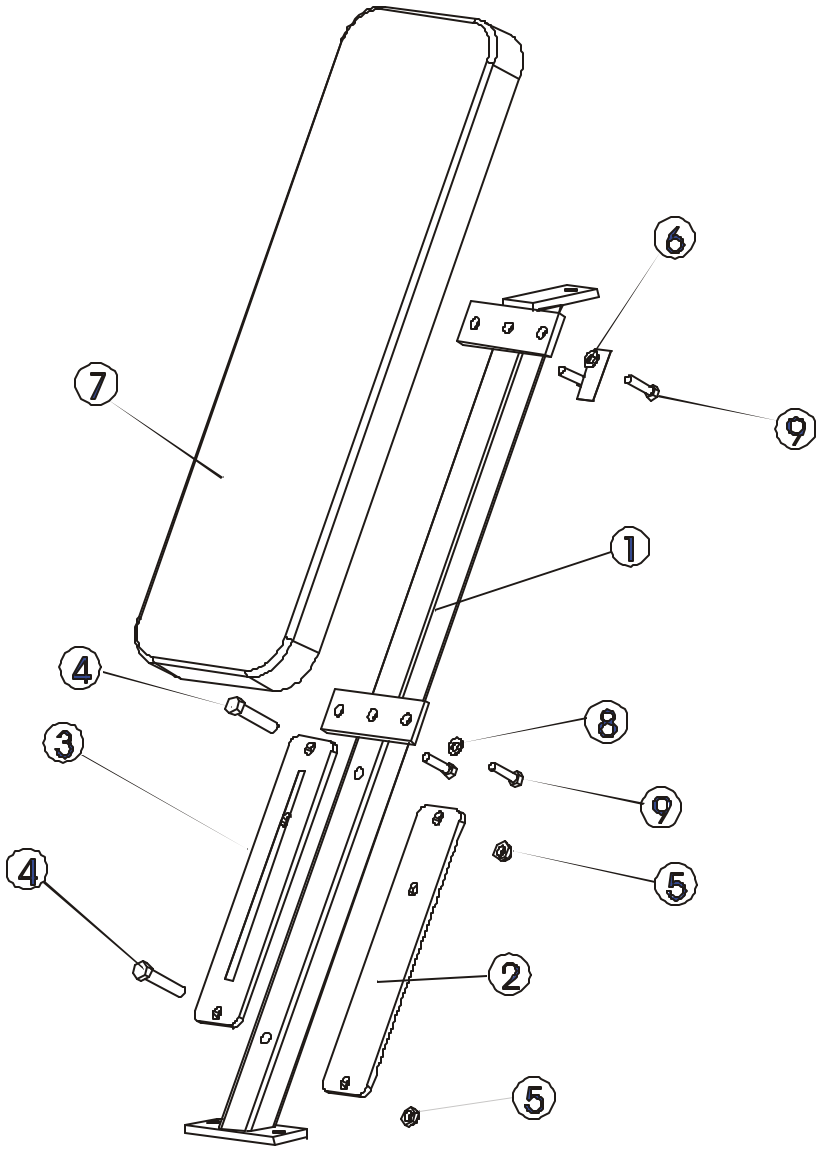


HAMMER STRENGTH EQUIPMENT
ILWC - Exploded Assembly



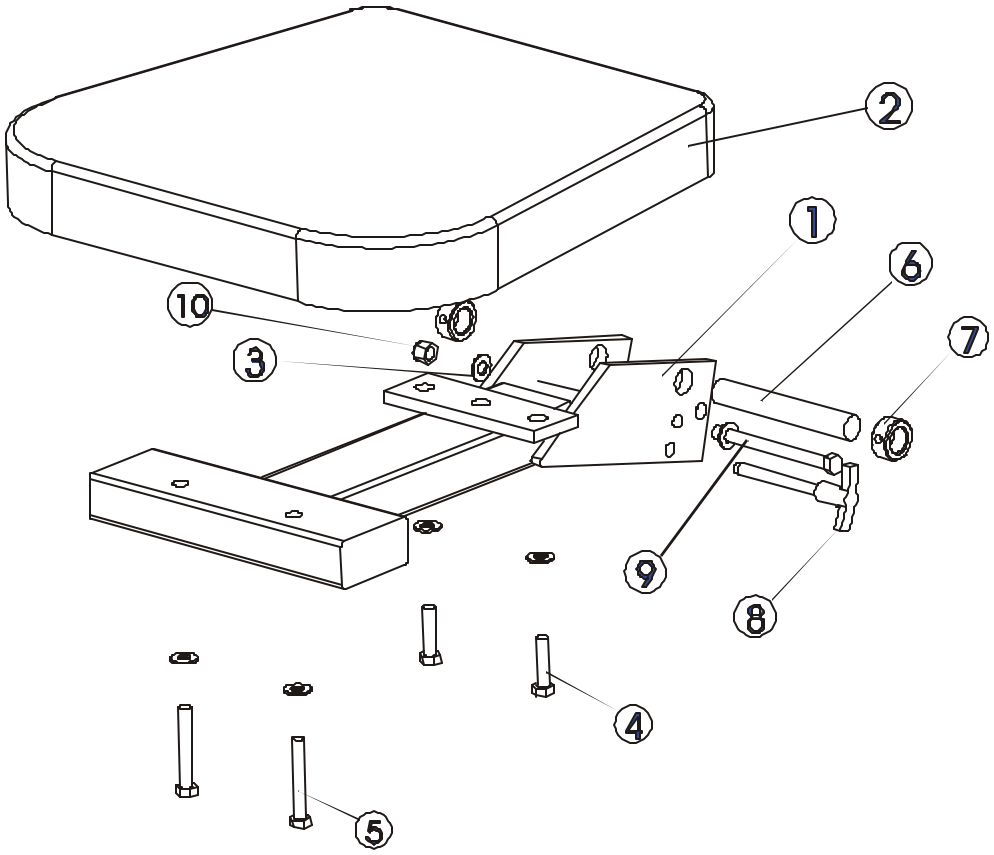
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILWC-CBX-0	Bottom Cross frame Assy
2	1	ILWC-CSFL-0	Left Side Fame Assy
3	8	H-BACK-WASH	Backing Washer
4	8	HHB.5X3	1/2 X 3 Bolt
5	16	WASH.5STAR	1/2" Internal Lock Washer
6	12	NUT.5LOCK	1/2" Thick Lock Nut
7	1	ILWC-CSFR-0	Right Side Frame Assy
8	1	ILWC-CFX-0	Front Cross Frame Assy
9	1	ILWC-CTX-0	Top Cross Frame Assy
10	4	HHB.5X4	1/2 X 4 Bolt
11	1	ILWC-CMAL-0	Left Movement Arm Assy
12	1	ILWC-CMAR-0	Right Movement Arm Assy
13	1	ILWC-CST-0	Seat Frame Assy
14	1	CSTD-ST3	

HAMMER STRENGTH EQUIPMENT
ILWC - Back Frame Assembly



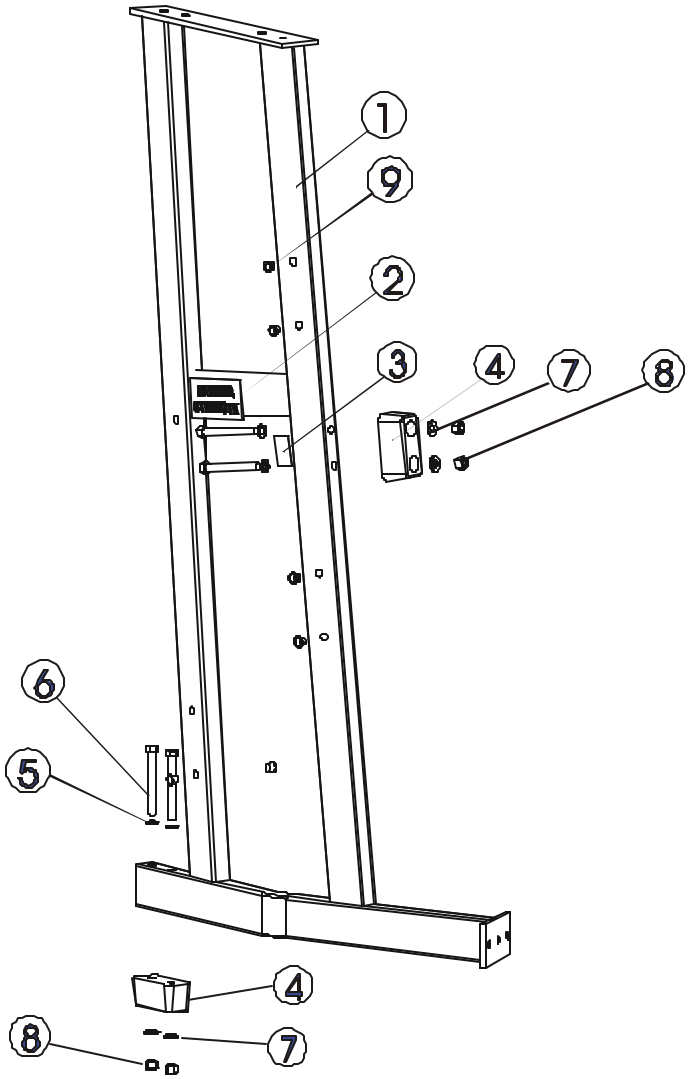
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILWC-ST-0	Seat Frame
2	1	H-SEATRCKS-RIB	Seatrack Back
3	1	H-SEATRCKS	Seatrack Front
4	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
5	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	1	SERIAL NUMBER	Serial Number
7	1	U33-19	Standard 33" Pad
8	4	WASH.375SAE	3/8" SAE Flat Washer
9	4	HHB.375X1.5	3/8 X 1 1/2 Bolt

HAMMER STRENGTH EQUIPMENT
ILWC - Seat Frame Assembly



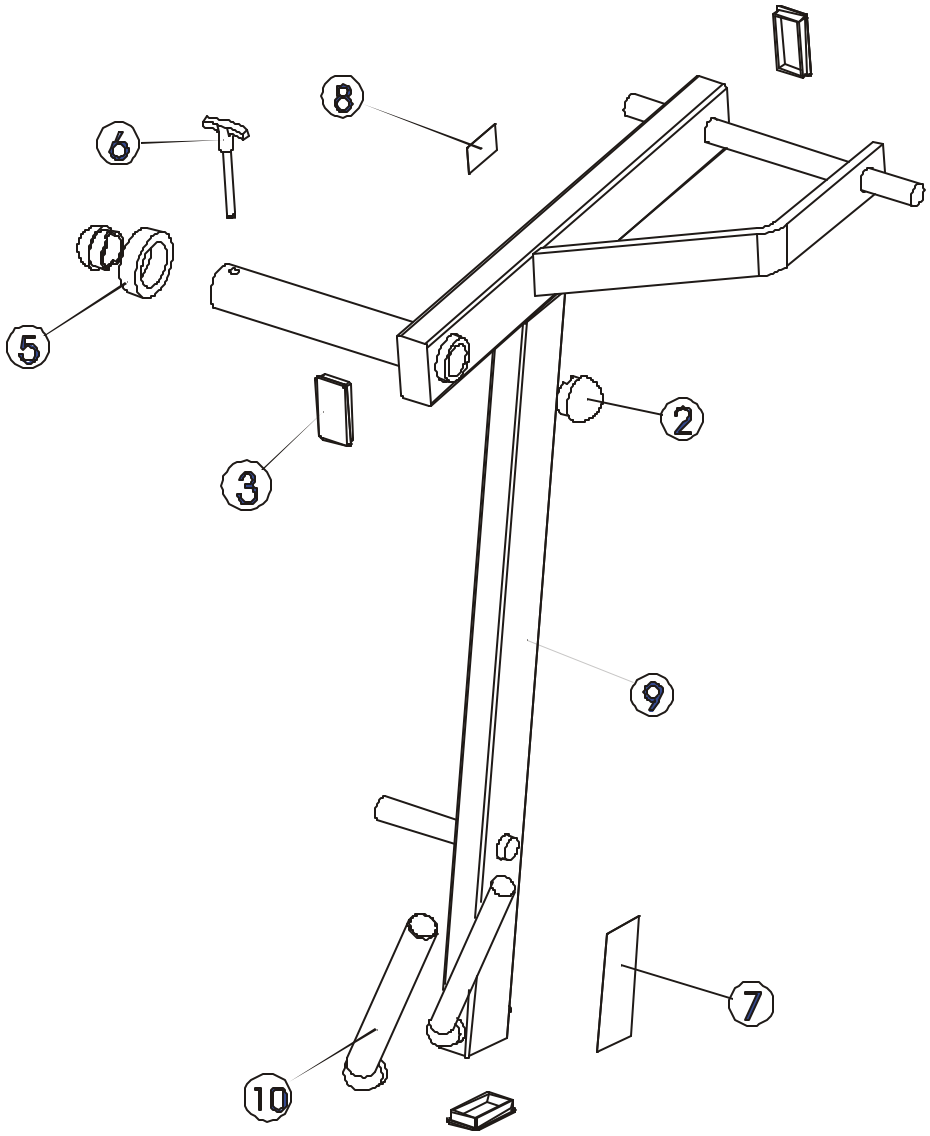
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	STD-ST3	Standard Seat 3
2	1	U16-11	Standard 16" Pad
3	6	WASH.375SAE	3/8" SAE Flat Washer
4	2	HHB.375X1.5	3/8 X 1 1/2 Bolt
5	2	HHB.375X2.5	3/8 X 2 1/2 Bolt
6	1	SSR75	
7	2	H-LCOLLAR75	3/4" Lock Collar
8	1	SELECTORPIN	Selector Pin
9	1	HHB.375X4.5	3/8 X 4.5 Bolt
10	1	NUT.375LOCK	3/8" Thick Lock Nut

HAMMER STRENGTH EQUIPMENT
ILWC - Side Frame



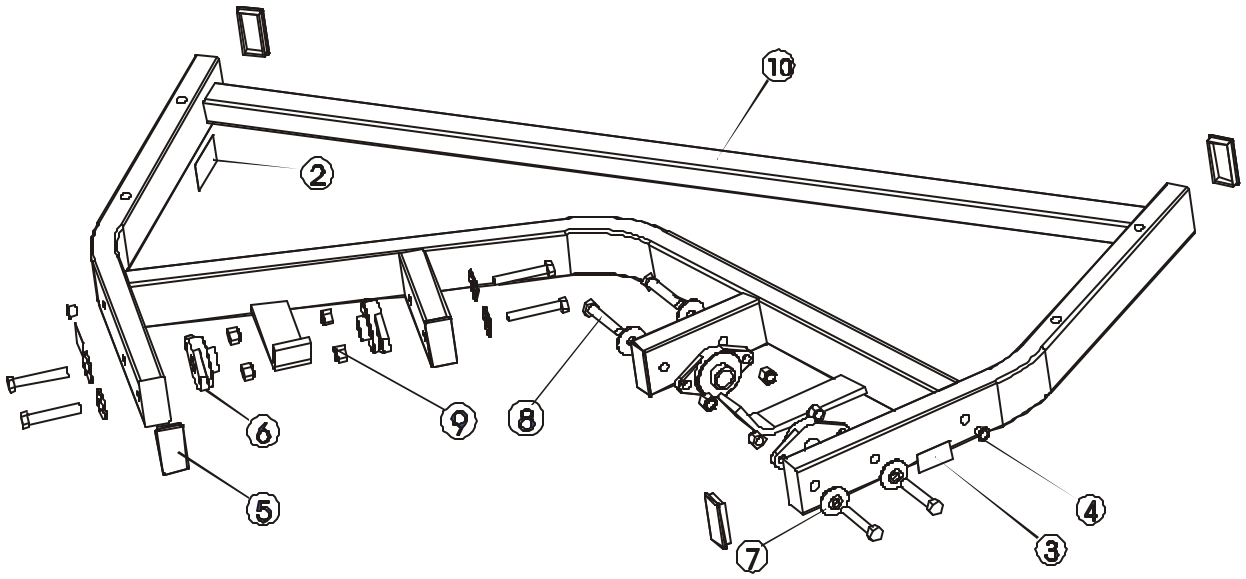
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILWC-SFL-0	Left Side Frame
1	1	ILWC-SFR-0	Right Side Frame
2	1	H-NAMEPLATE	Name Plate
3	1	STAY CLEAR	Stay Clear Decal
4	2	H-BUMP-MED	MM2 Medium
5	4	WASH.5STAR	1/2" Internal Lock Washer
6	4	HHB.5X4.5	1/2 X 4 1/2 Bolt
7	4	WASH.5SAE	1/2" SAE Flat Washer
8	4	NUT.5LOCK	1/2" Thick Lock Nut
9	10	H-HPLUG	9/16" Hole Plug

HAMMER STRENGTH EQUIPMENT
ILWC - Movement Arm



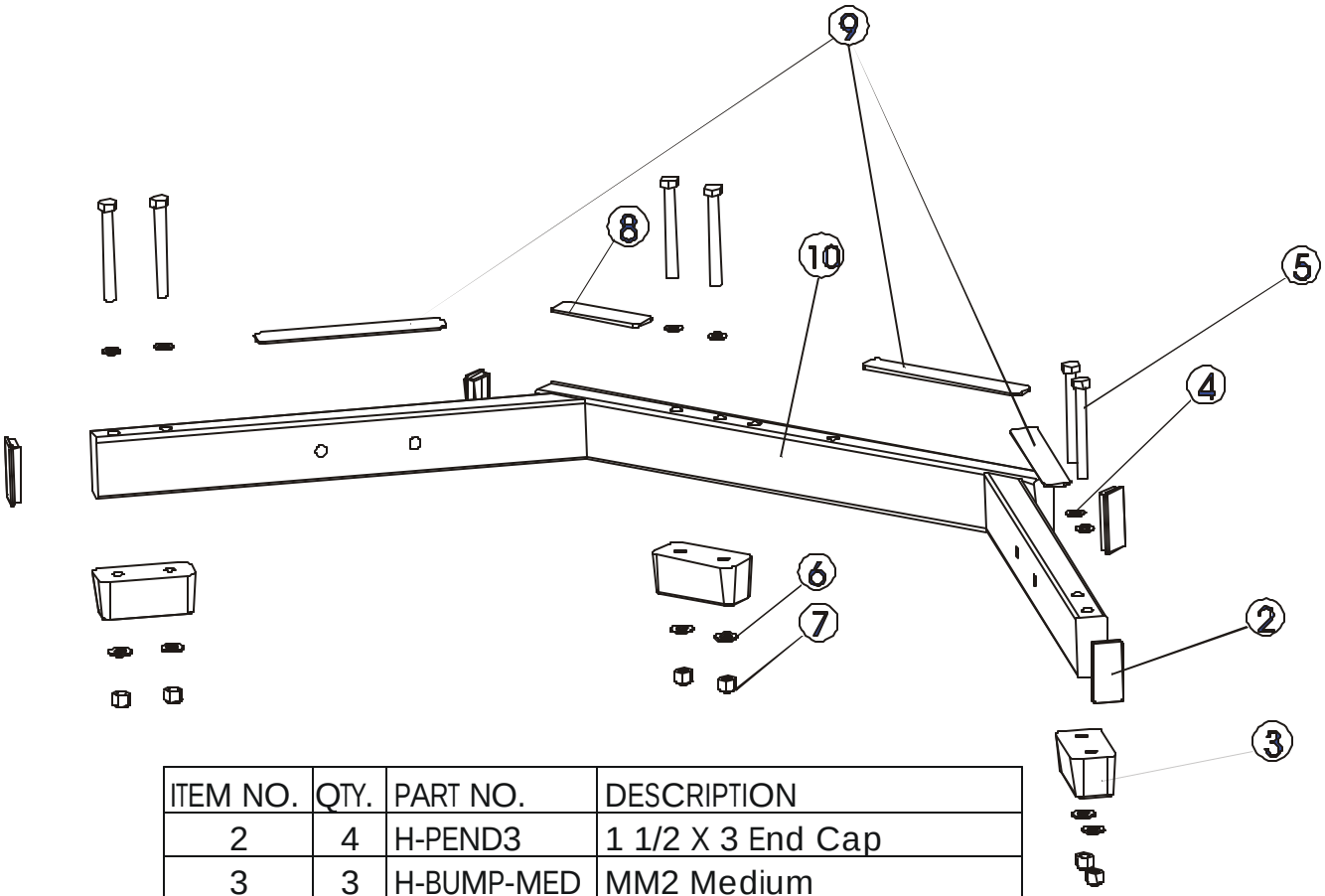
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BENDCAP	Bullet Cap
3	3	H-PEND3	1 1/2 X 3 End Cap
5	1	H-RUBRNG	MM5 Ring
6	1	SELECTORPIN-4	Selector Pin
7	1	WARNING LARGE-V	Large Warning
8	1	STAY CLEAR	Stay Clear Decal
9	1	ILWC-MAR-0	Right Movement Arm
9	1	ILWC-MAL-0	Left Movement Arm
10	1	H-GRIP(ILWC-A00)	HandGrip

HAMMER STRENGTH EQUIPMENT
ILWC - Top Cross Frame



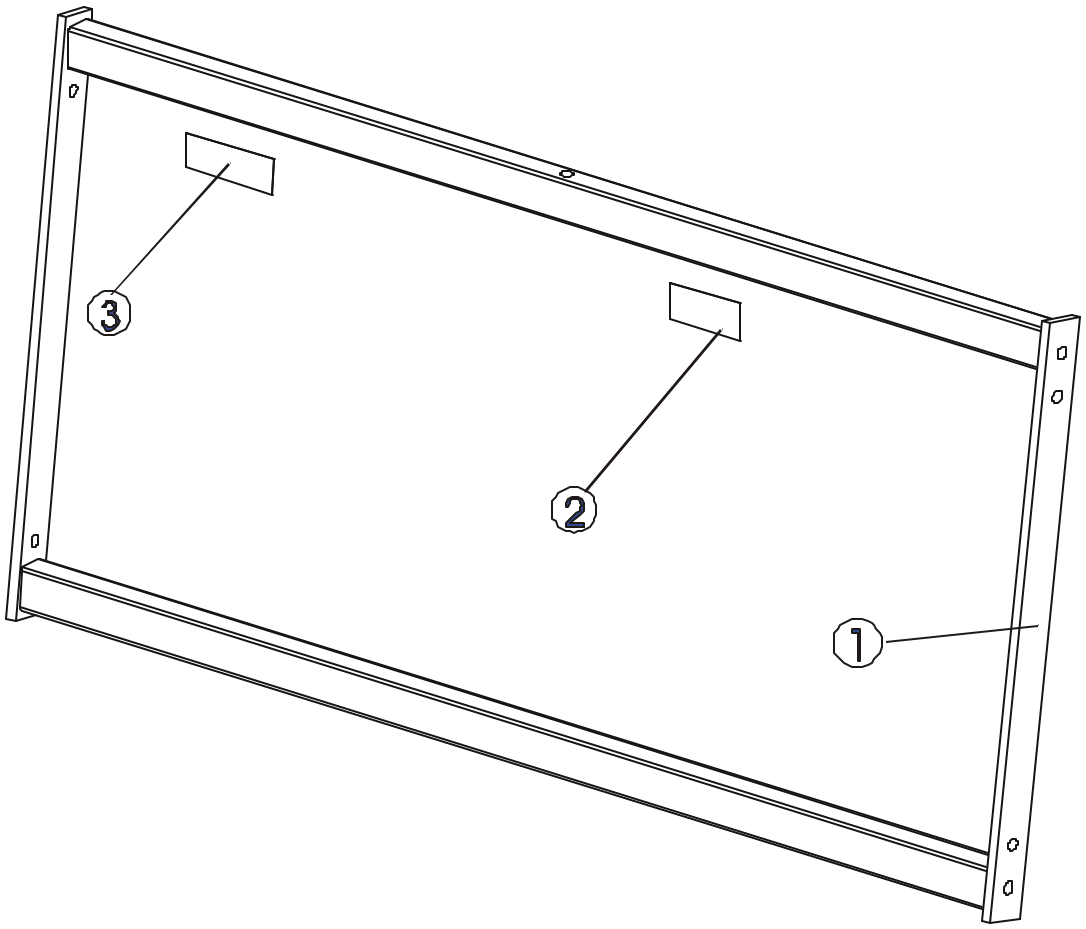
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	PATENT	Patent Decal
3	2	STAY CLEAR	Stay Clear Decal
4	2	H-HPLUG	9/16" Hole Plug
5	6	H-PEND3	1 1/2 X 3 End Cap
6	4	H-BEAR-SML	Small Bearing
7	8	H-BACK-WASH	Backing Washer
8	8	HHB.5X3	1/2 X 3 Bolt
9	8	NUT.5LOCK	1/2" Thick Lock Nut
10	1	ILWC-TX-0	Top Cross Frame

HAMMER STRENGTH EQUIPMENT
ILWC - Front Cross Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	H-PEND3	1 1/2 X 3 End Cap
3	3	H-BUMP-MED	MM2 Medium
4	6	WASH.5STAR	1/2" Internal Lock Washer
5	6	HHB.5X4.5	1/2 X 4 1/2 Bolt
6	6	WASH.5SAE	1/2" SAE Flat Washer
7	6	NUT.5LOCK	1/2" Thick Lock Nut
8	1	H-PLATE-G1	Small Plate Guard
9	3	H-NONSKID1	1 1/4 X 9 Nonskid
10	1	ILWC-FX-0	Front Cross Frame

HAMMER STRENGTH EQUIPMENT
ILWC - Bottom Cross Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILWC-BX-0	Bottom Cross Frame
2	1	WARNING SMALL-H	Small Warning
3	1	ISO WIDE CHEST	Product Decal